

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

*Open to both Wisconsin and Illinois residents.*

*The Mission of the Beloit Senior Center is to strive to fulfill the diverse interests and needs of mature adults, enrich their quality of life, maintain their independence and offer educational and volunteer opportunities.*



**February 2020**

Grinnell Hall  
Senior Center  
631 Bluff Street,  
Beloit, WI 53511  
**608-364-2875**

**Hours**  
**Monday-Friday**  
**7:30am- 4:00pm**

**Debbie Kraus**  
Senior Center Manager  
krausd@beloitwi.gov



## **Chili Fundraiser and Member Prize Drawing**

**Friday, February 14**

**Lunch served 11:30am-1:00pm**

**Drawing at 1:00pm You do not need to be present to win.**



A delicious chili lunch with choice of Culver's or Bob Garner's recipe. Both are delicious. Cost is \$3.00 to dine in or take out if you make your reservations prior to February 14. On February 14 cost goes to \$4.00 for dine in or take home. If available second bowl is \$3.00.

If you dine in water, coffee and toppings are included with your meal.



## **AARP Tax Preparing**

**Make your appointment now, don't wait.**

**Call Grinnell Hall at 608-364-2875**

The AARP tax consultants will provide tax preparation here at Grinnell Hall in the Library. Appointments must be made in advance by calling Grinnell Hall at 608-364-2875.

Appointments are available on Mondays, Tuesdays and Wednesdays at 8:30am, 9:30am, 10:30am and 11:30am.

Appointments will be taken from February 10th to April 8th. There will be no appointments after April 8th. Call early to make your appointment.

Please be on time for your appointment.

Please bring the following to your appointment: 2018 tax returns, photo ID, social security card, all 1099 statements (including pink form from social security), W-2 form, other evidence of income, health insurance premiums, rent certificate or property tax bill and other deductible items. Returns will be electronically filed.

Thank you to the individuals who volunteer their time to do taxes for AARP.



**Advisory Board of Grinnell Senior Center**

Opal Vance, Chair Pam Curatolo, Vice Chair Judy Witzack, Secretary Randy Westbrook, Treasurer  
Margaret Alexander, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Peggy Wellnitz

Hello all,

I had a great time welcoming 2020 in with all who attended the New Year's Bash. I was quite worn out after all the dancing. And if you weren't there, you missed me singing, well trying to sing.



I am already hungry for our Chili lunch on Friday, February 14! Whether you want to take out or dine in you will enjoy your meal. Following the lunch we will have the prize drawings for those who have renewed or are new members. Your membership fees help support Grinnell operations; in addition, you can save on the great trips that are scheduled this year. Please check the trips in this newsletter. I am looking forward to hearing Sarge on Friday, February 28 when he brings his voice and Karaoke to Grinnell. Don't be shy it is fun!

I hope you are enjoying the activities and informational presentations we are scheduling. If you have any requests please let us know and we will try to make arrangements.

I appreciate your patience with the construction project and we are nearing the end...a little more to do. Once all is completed Nellie's Nook will be back in operation so you can purchase items for gifts or yourself. Many treasurers can be found at Nellie's Nook.

We have so many volunteers who make Grinnell a better place and I want to make sure you know how much your time is appreciated.

Thank you for making Grinnell your home away from home. Debbie Kraus, Senior Center Manager

**Below is some of the new décor in the Library.**

**Thank you Linda and Randy**

**Thank you to our generous friends who donated to Grinnell December 16-January 13.**

**Cookies and Snacks**

*Peggy Wellnitz, Harriet Olson, Karen Whisenand, Jo Schuett, Nancy Appleby, Carol London, Pam Curatolo, Sonya Barnes, Bill & Rhonda Tierney, Deborah Davis*

**Other**

*Jo Ellen, Ruby Hay, Vicki Scheiter, Marilyn Fruzen, Joyce Beals, Randy Westbrook*



March 10, 1993

**Greetings From Grinnell Hall**

I stopped one day at Grinnell Hall  
to see what I could see:

I saw a bunch of "young folks" about the age of me.  
They were singin' and dancin' and havin' fun.

They were leavin' their problems behind or talkin'  
them out with someone else and gettin' them  
off their mind.

They knew the way to stay happy was not to  
sit and stew. But to find a place that would fill their  
needs for things they like to do.

From playin' cards, to doin' crafts, arrangin' flowers or  
shootin' pool. There are so many pastimes that help  
them "keep their cool."

I thought it looked like a very good place to spend an  
hour or two and pretty soon I became a part.

Helpin' with what I could do.

And some of you folks a sittin' out there a wishin' for  
thing' to do.

Just come on down and join us.

We're sure to welcome you

-Joyce Conrad Van Wormer



## What The Tech

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door? Don't give up, we can help! This month our popular class, **What The Tech**, led by Mark Prueschel, will be here on **Thursday, February 20 at 1:00 pm**.

This is one of our most popular programs and Mark will be glad to help answer your questions. What the Tech is a free class open to both members and non-members of Grinnell. Bring your cell phones, your tablets or your laptop with a list of the questions you have. To pre-register for this class, please call Grinnell



## Game Day Every Monday 2:30pm

Join in the fun as we play a variety of board and other games on a monthly basis. We want to know what you are interested in playing so there is more fun. More than one type of game may be going on at the same time to provide players a variety of choices. Please feel free to bring your game or snack to share.

## Dining Divas

The Dining Divas are heading to **Applebee's, 2680 Cranston Rd, Beloit, WI 53511 on Thursday, February 20 at 12:45pm**.

Meet at Grinnell Hall at 12:30pm to carpool or meet at the restaurant at 12:45pm. The Dining Divas enjoy lunch in a relaxing atmosphere and great socialization. We would be happy to introduce you to some of the Dining Divas here at Grinnell and you make some new friends.

Please pre-register and indicate if you will be carpooling or meeting the group at the restaurant.



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## Weekly Exercises and Dance Classes Offered at Grinnell



Chair Exercises.....Yoshi.....Mondays 8:30 am  
 Beginning Line Dancing.....Peggy.....Tuesdays 9:00 am  
 Line Dancing.....Peggy.....Tuesdays 10:00 am  
 Morning Stretch.....Yoshi.....Wednesdays 8:30 am  
 Easy Stretch Yoga.....Roselyne.....Wednesdays 9:45 am  
 Introduction to Line Dancing....Peggy....Thursdays 10:00am  
 Tai Chi.....Yoshi.....Fridays 8:30 am



Get healthy and make new friends.

### Beloit Ukes For Fun (BUFF)

Join the BUFF group and play the Ukelele. BUFF meets every Monday at 2:30pm at Grinnell Hall. Haven't played a ukulele? Come visit, listen and learn, it's all for fun. BUFF performs for special events here at Grinnell.



### Goldenaires Choir

The Goldenaires are directed by Char Garner and meet each **Monday at 9:30 am**. They rehearse each week and sing for events here at Grinnell, as well as going out into the community to entertain groups at nursing homes and other organizations.

You are welcome to come and listen as they always like an audience. The Goldenaires are always welcoming new members.

### Grinnell Hall Theater Group

**Grinnell Hall Theater Group meets on Wednesdays at 1:00pm.** Come out and join us as you may find your hidden talents. For additional information contact Roselyne Ackley at 608-365-3442. Or better yet, come for a visit to meet her and the cast in person. We are always looking for new members and Grinnell membership is not required. Don't be shy, let your spirit show!

### Watch Battery Repair

Has your watch stopped ticking....Judy can help you out.

She will be here on **Tuesday, February 11 from**

**8:00-9:00 am.** The only charge for the service is the cost of the battery.



### Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Mondays February 3 and 17 from 1:30-2:00 pm** to pick up items. This is a walk in service and services are individually priced.

### Jewelry Repair

Check your jewelry box for that necklace or bracelet clasp that needs to be repaired....Linda Keenan can take care of your problems. She will be here on **Monday, February 17 from 11:30 am-1:00 pm.** This is a walk in service and services are individually priced.

### Dress Warm

Winter weather is here early and along with the construction, our indoor temperature is a little cooler. Please remember to dress in layers or bring a sweater with you so that you are comfortable. Also keep extra items such as boots, hats, gloves in your car.

Remember to have your cell phone with you while driving.

### INTRODUCTION TO LINE DANCING CLASS



Not quite picking up the steps in the beginner's class and would like a little more help?

Join Peggy on Thursdays at 10:00am. For men and women. Please give a call to let us know you will be attending.

### Chair Massage

Need to relax, get rid of some stress, or just treat yourself? Certified Massage Therapist Alicia Jenske will take appointments on **Wednesday, February 5 from 12:00-2:00pm.** Alicia also does chair massages at The Gathering Place, Milton Senior Center. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 608-364-2875 to pre-register.

## All in the Family Fridays, February 7 and 21 at 1:00pm



### *A message from Mary Ellen Maher, an All in the Family Member*

About 2 years ago I moved here after spending 20+ years in Wausau. It took a while to get settled in the Beloit area where my daughter and her husband live. I decided it was a good place to be. Although having these two family members only a few miles away was great, they have their own busy lives. I joined Grinnell and attended some activities but didn't really connect with anyone to do things with. When I saw an article in the newsletter about a group called "All in the Family" I decided to attend a meeting. What I found was a group of men and women who were new to town, had been here for their whole life, who had no family here or had lots of family here. Some are active at Grinnell and some are not.

What we have in common is we were all looking for others they could do things with and get to know. About a dozen people meet the first and third Fridays of the month at 1:00pm at Grinnell. Various members 'do lunch' on Fridays at 11:30 at different restaurants. The front desk always knows where lunch will be. Members get together for activities like visiting the Nicholas Conservatory for their butterfly and bird shows, going to movies or local shows like the dueling pianos cancer fundraiser, finding interesting educational outlets and lesser known or unique shopping spots, dinner on Thanksgiving or for a movie on Christmas afternoon.

Our "meetings" are a combination of visiting, sharing, supporting, and laughing (lots of laughing). It just could be something for you. Stop in to visit one of our meetings. It wouldn't mean you'd made a lifetime commitment and the group really enjoys meeting new people.

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**Dementia Care Specialist Service Offered**

Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answer questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, February 10 from 12:30-2:00 pm.** This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service and there is no charge.

**Elder Benefit Specialist**

**Lachel Fowler, Rock County Benefit Specialist will be at Grinnell on Thursdays, February 13 and 27 from 8:00am-12:00pm, no appointment necessary.** The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit & entitlement programs as well as other issues. Lachel works with Rock County residents 60 and over regardless of financial status. Please call 608-757-5414 for additional information.

**Courtesy Hearing Aid Check**

Miracle Ear staff will be at Grinnell on **Thursday, February 13 at 9:30am.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to members and non-members.

**Blood Sugar & Pressure Screening**

Grinnell Hall offers free blood pressure/blood sugar screenings on **Thursday, February 13 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members and non-members.

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◀ **Joan Lunden**, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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## 2020 Trip Information

**You do not need to be a Grinnell Member to enjoy the trips.**

**Payments due at time of registration. Registration will be taken until deadline specific to each trip, unless space is available. Refunds are specific to each trip. After the refund deadline, no refunds will be given unless there is a waiting list and the open spot can be filled.**

**You may fill your own cancellation, however, the office MUST be notified of the changes and the new person MUST fill out a registration form and pay for the trip.**

**When requesting a cancellation, an official cancellation form MUST be filled out by front desk personnel and submitted before any action is taken.**

Trips leave on time and we are not able to wait for anyone who is not there at time of departure. A cell phone is required on trips and all numbers will be given to guides in case of emergency.

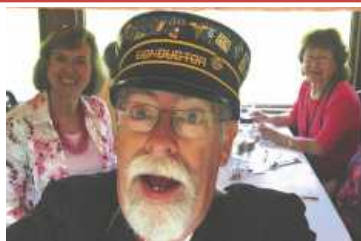
### Walking Guide For Trips

**Level 1 Minimal walking** Includes boarding and unloading buses.

**Level 2 Moderate walking** Includes boarding on and off of buses, walking from shop to shop and sight-seeing. Moderate walking include shopping trips, restaurants, ballgames and museums.

**Level 3 Maximum walking** Includes boarding and unloading on and off of buses, walking to restaurants and shops, as well as walking tours. This may also include multiple staircases and/or walking on uneven surfaces such as gravel, grass and cobblestone. Participants need to be able to keep up with the group.

**ALL TRIP PARTICIPANTS MUST COMPLETE A 2020 TRIP WAIVER. THE WAIVER WILL COVER ALL TRIPS IN 2020.**



### The Highwaymen Palace Dinner Theater, Wisconsin Dells Friday, May 1



Back by popular demand! The Greatest super group in country music history, the original Highwaymen, formed in 1985, consisted of Willie Nelson, Waylon Jennings and Johnny Cash. This recreation of the amazing, never to be seen again band continues the legacy. You will witness first-hand the friendship and camaraderie that existed between these legends, reliving one of the greatest moments in country music history. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

**This is a Level 1 trip with minimum walking.**

**Grinnell Members \$78.00 Non-Members \$88.00**

Board Bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:00-5:30pm  
**No refunds after March 25. Registration deadline is April 8 unless space is available.**



## A Mighty Fortress Fireside Dinner/Theater, Fort Atkinson, Wisconsin Thursday, May 14

The year is 1960 and a reformation is underway. Beverly gets her first pair of high heels for confirmation. Mrs. Snustad wins top honors at the County Fair for her Grand Champion pickles. Mavis must find a way to deal with the new Super Highway that cuts through her farm. Karin finds freedom behind the wheel of her husband's pickup truck. Pastor has found new love and announces his impending nuptials. Against the changing tide, these "bulwarks never failing" stand strong in their faith and in their friendships with more crazy antics, more great songs, and more lessons reluctantly learned!

**This trip is carpooling only.** Please let us know if you can drive when registering.

Please donate \$3.00 to your driver the day of the event. Price includes lunch, taxes, tip, and performance.

**This is a Level 1 trip with minimum walking.**

Grinnell Members \$75.00      Non-Members \$85.00

Meet at Telfer Park at 9:15am and depart at 9:30am. Arrive at Fireside at 10:15am

Depart Fireside approximately 3:15pm, arrive at Telfer 4:00pm

**No refunds after April 8. Registration deadline is May 1 unless space is available.**



## What Happens In Vegas Fireside Dinner Theater Thursday, June 11

For over 70 years Las Vegas has been the entertainment capital of the world. The world's best singers, dancers, musicians and comedians have flocked to this city where dreams become reality. Now the Fireside will pay tribute to those legendary performers in an all-new live band show featuring Steve Watts and the celebrated Fireside Band. From Frank Sinatra and the Rat Pack to the contemporary artists of today, we will feature many Las Vegas favorites in the most spectacular band show yet. What happens in Vegas won't stay in Vegas. It will be here for all to see and enjoy on the stage of the Fireside theatre.

**This trip is carpooling only.** Please let us know if you can drive when registering.

Please donate \$3.00 to your driver the day of the event.

Price includes lunch, taxes, tip and performance. **This is a Level 1 trip with minimum walking.**

Grinnell Members \$73.00      Non-members \$83.00

Meet at Telfer Park at 9:15am and depart at 9:30am. Arrive at Fireside at 10:15am

Depart Fireside approximately 3:15pm, arrive at Telfer 4:00 pm

**No refunds after May 11. Registration deadline is May 21 unless space is available.**



**Rick Lindy & The Wild Ones**  
**Starved Rock State Park, Utica, Illinois**  
**Wednesday, July 29**



An international touring band performing original rock as well as classic "Retro Rock" of the 1950s, '60s, and '70s. Enjoy a musical time machine that will take you back to the days when Rock and Roll was young and the radio waves were transmitting classic American Rock and Roll. Relive the sounds of Elvis, Johnny Cash, Jerry Lee Lewis, The Beatles, Buddy Holly, Patsy Cline, Hank Williams, Marty Robbins and other legendary performers. Price includes buffet lunch, taxes, tip, performance and round trip on Van Galder coach bus.

**This is a Level 1 trip with minimum walking.**

Grinnell Members \$67.00 Non-members \$77.00

Board bus at Telfer Park at 8:45am, depart at 9:00am. Return to Telfer Park 5:00-5:30pm

**No refunds after June 30. Registration deadline is July 10 unless space is available.**



**Brewers/Cubs Game**  
**Miller Park**  
**Sunday, August 9th 1:10pm game**

Take me out to the ball game... Join us and cheer on your favorite team in this battle of the National League Central Division. This trip involves a large amount of walking and is not recommended for someone who has difficulty with mobility. Food and beverages are allowed into the stadium, but all drinks (non-alcoholic) **must** be in plastic bottles. No glass allowed and softside coolers only. Price includes ticket and round trip on Van Galder. Seats are located in the Terrace Box.

**This is a level 2 trip. Please indicate on your registration form if you will need special assistance, such as a wheelchair at Miller Park.**

Grinnell Members \$67.00 Non-Members \$77.00

Board bus at Telfer Park at 9:45am and depart at 10:00am. Return to Telfer Park 6:00-6:30pm

**No refunds after June 15. Registration deadline is June 26 unless space is available.**

**Lake Geneva Luncheon Boat Cruise**  
**and Black Point Resort Guided Tour**  
**Wednesday, August 19**



Enjoy a relaxing tour around the lake on the delightfully appointed Grand Belle. Cruise beautiful Lake Geneva while dining on a delicious lunch. Black Point is a 20 room Queen Anne style Victorian home that has been in the Seipp family for 120 years. It was built in 1887 as a summer "cottage" for Conrad Seipp, a German immigrant, who became the largest and most innovative brewer in Chicago. The estate covers almost eight acres and 620 feet of Geneva Lake shoreline. It is considered to be one of the finest examples of Queen Anne architecture and has one of the most intact collections of Victorian furnishings in the Midwest. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

**This is a level 2 trip with some walking during the tour.**

**The bus will take us to Black Point Resort so there is less walking.**

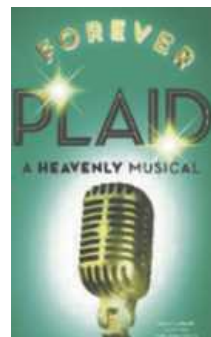
Grinnell Members \$88.00 Non-Members Cost \$98.00

Board bus at Telfer park 9:45am and depart at 10:00am. Return to Telfer 5:00-5:30pm

Boat Luncheon and Narrated Cruise 11:30am-1:30pm followed by Black Point Resort 75 minute guided tour.

**No refunds after July 12. Registration deadline is July 17 unless space is available.**

**“Forever Plaid” A Heavenly Musical**  
**Drury Lane Theater Oakbrook Terrace, Illinois**  
**Wednesday, September 16**



On the way to their first big gig, tragedy strikes Forever Plaid, a “guy group” specializing in barbershop quartet harmonies and pitch-perfect melodies. Forever Plaid begins when the guys are given the chance to perform from the afterlife. This smash hit musical is a nostalgic homage to the music of the '50s and includes hits such as “Three Coins in the Fountain” and “Love is a Many Splendored Thing.” You don't want to miss this phenomenal musical performance. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach

bus. **This is a Level 1 trip with minimum walking.**

Grinnell Members \$92.00 Non-Members \$102.00

Board bus at Telfer Park at 8:45 and depart 9:00am. Return Telfer Park approximately 5:30pm

**No refunds after August 1. Registration deadline August 21 unless space is available.**



**Dial M for Murder**  
**Palace Dinner Theater, Wisconsin Dells**  
**Thursday, October 1**

A retired tennis pro plots the murder of his wife, but when she turns the tables on her attempted assailant, she is convicted of murder. Can the police detective who brought her to trial now decipher the clues that will save her life? The play that inspired Hitchcock's suspense classic weaves an ever tightening web of danger and deception. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

**This is a Level 1 trip with minimum walking.**

Grinnell Members \$69.00 Non-Members \$79.00

Board bus at Telfer Park at 9:15am and depart at 9:30 am. Return to Telfer Park approximately 5:00-5:30pm

**No refunds after August 1. Registration deadline is August 28 unless space is available.**

**The Heroes of Rock with Skip Griparis**  
**White Pines State Park Dinner Playhouse**  
**Wednesday, October 21**



Laugh, Learn and Rock with 100 voices of the Powerhouse Singer, Guitarist, comedian and Impressionist, Skip Griparis! Take an unbelievably fun trip through Rock's evolution of the '50's, 60's and '70's! Groove on the high energy hits of Little Richard, Elvis, Frankie Valli, Jerry Lee Lewis, the Beatles, Chicago, Elton John, Billy Joel, The Eagles and beyond! Audiences Rave: “Enthralling vocal impression! Fabulous guitar playing...Great stories, awesome energy and passion...side-splittingly funny! A must see show!” Price includes buffet lunch, taxes, tip, performance and round trip on Van Galder coach bus. **This is a Level 1 trip with minimum walking.**

Grinnell Members \$58.00 Non-Members \$68.00

Board bus at Telfer Park at 8:45am and depart at 9:00am. Return to Telfer Park approximately 5:00pm

**No refunds after September 18. Registration deadline is October 7 unless space is available.**

## Rock Steady Boxing

### Tuesdays and Thursdays 5:30-7:00 pm    Big Hill Center in Big Hill Park

Parkinson's Disease has been given a challenge in Rock County, thanks to the **Rock Steady Boxing** program. Doug Anderson and Connie Udell are trained Rock Steady Coaches who know the ropes and can help you fight your way out of the corner.

Non-contact boxing classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. Studies are proving that there are ways in which people with Parkinson's disease can enhance their quality of life, build strength, flexibility and speed! Anyone, at any level of Parkinson's can actually lessen their symptoms and lead a healthier and happier life.

Punch cards for 11 classes for \$105.50 or one class for \$11.50 and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Beloit Recreation Department 608-364-2890. The Recreation Department office is located at 2351 Springbrook Court, Beloit.



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**For more information call Beloit Parks and Recreation at 608-364-2890.**

### SPREAD THE WORD

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# February 2020 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>12:30 Fun &amp; Games</b> <b>1:30 Alterations</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>4 AARP Taxes</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage <b>5:30 Rock Steady Boxing</b>	<b>5 AARP Taxes</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>12:00 Chair Massage</b> 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	<b>6</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>9:00 Advisory Board Meeting</b> 12:30 Euchre 1:00 Billiard Lessons 1:00 Theater Group <b>5:30 Rock Steady Boxing</b>	<b>7</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train <b>1:00 All in the Family</b> <b>2:00 CBD Oil Presentation</b>
<b>10 AARP Taxes</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>12:30 Fun &amp; Games</b> <b>12:30 Dementia Specialist</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>11 AARP Taxes</b> 7:30 Billiards <b>8:00 Watch Battery Repair</b> 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage <b>5:30 Rock Steady Boxing</b>	<b>12 AARP Taxes</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	<b>13</b> 7:30 Billiards <b>8:00 Benefit Specialist</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>9:30 Hearing Aid Check</b> <b>10:00 Blood Sugar/Press</b> 12:30 Euchre 1:00 Billiard Lessons <b>5:30 Rock Steady Boxing</b>	<b>14</b> 7:30 Billiards 8:30 Tai Chi <b>11:30 Chili Lunch</b> 12:30 Mexican Train 12:30 Bridge (Closed) <b>1:00 Movie</b> <b>1:00 Prize Drawing</b>
<b>17 AARP Taxes</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>11:30 Jewelry Repair</b> <b>12:30 Fun &amp; Games</b> <b>1:30 Alterations</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>18 AARP Taxes</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Mahjong <b>12:30 St. Jukes Bridge</b> <b>1:00 RSVP Drivers Meeting</b> <b>5:30 Rock Steady Boxing</b>	<b>19 AARP Taxes</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group <b>1:00 Painting Class</b>	<b>20</b> 7:30 Billiards <b>8:00 Dining Dudes</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing <b>12:30 Dining Divas</b> 12:30 Euchre 1:00 Billiard Lessons <b>1:00 What the Tech</b> <b>5:30 Rock Steady Boxing</b>	<b>21</b> 7:30 Billiards 8:30 Tai Chi <b>9:00 RSVP Board</b> 12:30 Mexican Train <b>1:00 All in the Family</b>
<b>24 AARP Taxes</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>10:00 Memory Screening</b> <b>12:30 Fun &amp; Games</b> <b>1:00 Book Club</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>25 AARP Taxes</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage <b>5:30 Rock Steady Boxing</b>	<b>26 AARP Taxes</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group <b>1:00 Bingo</b>	<b>27</b> 7:30 Billiards <b>8:00 Benefit Specialist</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing 12:30 Euchre 1:00 Billiard Lessons <b>5:30 Rock Steady Boxing</b>	<b>28</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train <b>1:00-3:00 Karaoke</b>



# Rock County Nutrition Grinnell Hall Senior Center

**February**  
**2020** Page 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Whole Wheat Breadstick Chunky Applesauce	<b>4</b> Chopped Steak Scalloped Potatoes Baked Beans Carrot Raisin Salad Whole Wheat Roll Cherry Bar	<b>5</b> Ham & Cheese Sandwich on Whole Grain Bread Minestrone Soup Broccoli Warm Spiced Pears	<b>6</b> Pork Pot Roast Stew Sweet Potatoes Beets Biscuit Snickerdoodle Cookie	<b>7</b> Swedish Meatballs Noodles Green Beans w/Craisins San Francisco Blend Dinner Roll Fruit Cocktail
<b>10</b> Hot Pork Sandwich Whole Wheat Bun Green Beans Baked Beans Pineapple Sugar Cookie	<b>11</b> Baked Cod Red Potatoes Stewed Tomatoes Whole Wheat Roll Peaches Lemon Pudding	<b>12</b> Lasagna Casserole Cauliflower Broccoli Salad Garlic Bread Warm Cinnamon Applesauce	<b>13</b> Beef Vegetable Soup Carrots Cornbread Pears Pumpkin Bar	<b>14</b> <i>Grinnell Hall</i> <i>Chili Fundraiser</i> <b>No Nutrition Program Meal Today</b> 
<b>17</b> Seasoned chicken breast w/gravy Winter Squash Brussels Sprouts Dinner Roll Mandarin Oranges	<b>18</b> Beef Stew Peas Sweet Potatoes Whole Wheat Breadstick Apple Cake	<b>19</b> Chili Mac Refried Beans Carrots Tossed Salad Butterscotch Pudding	<b>20</b> Roast Turkey Mashed potatoes w/gravy Broccoli Wheat Dinner Roll Peaches	<b>21</b> Meatloaf Au Gratin Potatoes Broccoli Slaw Warm Pear Crisp Whole Wheat Bread
<b>24</b> Burgundy Tips Egg Noodles Brussels Sprouts Stewed Tomatoes Whole Wheat Bread Pears	<b>25</b> Creamy Chicken & Vegetables Mashed Potatoes Beets Wheat Dinner Roll Chocolate Chip Cookie	<b>26</b> Hearty Veg. Lasagna Romaine salad w/ Italian dressing Green Beans Garlic breadstick Unsweetened Cinnamon Applesauce	<b>27</b> Hamburger Whole Wheat Bun Baked Beans Carrots Broccoli Slaw Apple Pie Bar	<b>28</b> Lemon-Parsley Baked Cod Rice Pilaf Asparagus Sautéed Red Pepper Wheat Dinner Roll Mandarin Oranges
			<b>Meals require reservations which must be made by noon of the prior business day.</b>	<b>Meals served Monday through Friday at 11:45am</b>

Meals available to anyone 60 years of age or older. Milk, coffee and tea are served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

**Daily Fun!**

Cribbage.....Tuesdays 12:30 pm  
 Mahjong..... Wednesdays 1:00 pm  
 Pinochle.....Wednesdays 12:30 pm  
 Euchre.....Thursdays 12:30 pm  
 Hand & Foot.... Thursdays 9:00am



**Bingo**  
**Wednesday, February 26**  
**1:00-3:00pm**

Join us as we have a fun time playing bingo and winning some prizes. This month bingo is sponsored by Holly Friel, Edward Jones. We will have some great prizes and snacks for our break.

**Edward Jones**  
 MAKING SENSE OF INVESTING

**Movie of the Month**  
**Magnificent Obsession**  
**Friday, February 14 1:00pm**

When careless philanderer Bob Merrick (Rock Hudson) wrecks his boat and indirectly causes the death of a beloved local doctor, he tries to make amends to the man's widow Helen (Jane Wyman). After Helen is accidentally blinded, a smitten Merrick sets out to make a genuine change in his life - restore Helen's sight and win her heart.

**Check this out!**

**Free billiards lessons for all levels**  
**Thursdays 1:00-2:00pm**

**Rod & Reel Fishing Group**

The first meeting of the year will be on Friday, March 6 at 9:00am. We are hoping the fishing will be better this year. You do not need to be a Grinnell Member to join.

**Euchre Scores Fourth Quarter**

Euchre is played at Grinnell **Thursdays at 12:30pm**. New Players are always welcome and you do not need to be a member of Grinnell to play.

Oct 3.....1st Elaine 61; 2nd Gloria N 60; 3rd Wendell 56  
 Oct 10....1st Sharon B 65; 2nd Ruth & Randy 59;  
                   3rd Carol E & Sherry B 54  
 Oct 17....1st Lois E 66; 2nd Carl 61; 3rd Daisy 55  
 Oct 24... 1st Judy H 65; 2nd Marvin 62; 3rd Bernie &  
                   Kaye F 60  
 Oct 31.....1st Sharon B 64; 2nd Lois E 63; 3rd Marvin 58  
  
 Nov 7.....1st Carol E 69; 2nd Bud 61; 3rd Be  
 Nov 14....1st Carol E 69; 2nd Bud & Randy 61;  
                   3rd Beulah 60  
 Nov 21...1st Paige 61; 2nd Linda K 56; 3rd Opal 54  
  
 Dec 5.....1st Elaine S 60; 2nd Bub 57; 3rd Gloria N 54  
  
 Dec 12....1st Randy 63; 2nd Ruth & Beulah 57;  
                   3rd MaryLou Shaw 54  
 Dec 19...1st MaryLou S 64; 2nd Teresa 60; 3rd Randy 56  
 Dec 26...1st Marge 57; 2nd Lucie 53; 3rd Sarge &  
                   Claire 51

**Cribbage Scores for Fourth Quarter**

Cribbage is played at Grinnell each **Tuesday at 12:30pm**. New players are always welcome and you do not need to be a member of Grinnell to play.

**Perfect Score 8 Games 968 Perfect Score 1 Game 121**  
**Perfect Score Single Hand 29**

Oct 1....Bernie 930; 2nd Mary F 925; 3rd Lois E 924  
 Oct 8...1st Judy W 949; 2nd Jim T 943; 3rd Ron P 941  
 Oct 15...1st Jim T 950; 2nd Wendell A 947;  
                   3rd Carol B 905  
 Oct 22...1st Teresa J 946; 2nd Ron P 944; 3rd Sue T 937  
 Oct 29...1st Wendell A 961; 2nd Ron P 948;  
                   3rd Gloria N 937  
 Nov 5....1st Ron P 939; 2nd Gloria N 920; 3rd Sue T 917  
 Nov 12...1st Gloria N 945; 2nd Ron P 943; 3rd Carol B 936  
 Nov 19...1st Sue T 947; 2nd Wendell A 937;  
                   3rd Judy W 926  
 Nov 26...1st Chuck 942; 2nd Carl C 926; 3rd Ron P 921  
 Dec 3.....1st Lois E 953; 2nd Jim T 948; 3rd Mary F 923  
 Dec 10...1st Mary F 955; 2nd Karen 947; 3rd Ron P 926  
 Dec 17...1st Mary F 932; 2nd Bernie N 927; 3rd Sue T &  
                   Randy W 916

## **CBD Oils—The Real Story** **Friday, February 7 2:00-2:40pm**



Joe McNamara, co-owner of Homecare Pharmacy, along with Pharmacist Evan McNamara will be presenting information on CBD Oils and its truths. A history of CBD Oils and its therapeutic benefits along with myths will be discussed. There will be a question/answer time following the 20 minute presentation. Cannabidiol (CBD) oil is a product that's derived from cannabis Please pre-register so we have enough handouts. This is the same presentation that was held in January.

## **Acrylic Painting Class** **Wednesday, February 19 1:00am– 3:00pm**



Join instructor Katie Swanson as she takes you through step by step acrylic painting on a 8 x 10 canvas. Let your inner artist out as you create a winter theme. No two paintings will be alike and it's all about trying something new or creating again. There is a supply fee of \$15.00. All supplies are included. Please register by Friday, February 14 so supplies can be purchased.

## **Mondays can be Murder! Book Discussion** **Monday, February 24 2:00-3:00pm**



Check out our next mystery book, “Midnight at the Bright Ideas Bookstore” by Matthew Sullivan. When a bookshop patron commits suicide, his favorite store clerk must unravel the puzzle he left behind. Copies will be available at Grinnell to check out and bring back on the day of Book Club. Discussion will be led by Katharine Clark, Beloit Public Library’s Head of Programming and Community Engagement. Check out your book at the Grinnell receptionist desk.

## **Memory Screening** **Monday, February 24 10:00-12:00 and 1:00-4:00pm**

Memory Screens are like screens for blood pressure, cancer, diabetes or stroke as they contribute to prevention and better treatments. Some types of dementia are reversible, like those from nutritional and vitamin deficiencies, depression, thyroid issues and more. Dementias that are not reversible can often be treated with medications that could slow down the process and preserve quality of life for a longer period of time. Get immediate results for future comparison and share with your physician. Confidential appointments every 20 minutes from 10:00-12:00 and 1:00-4:00. You must pre-register and if you cannot make it please let us know immediately so someone else can take advantage of the screening. Screening provided by Aging and Disability Resource Center (ADRC) of Rock County.



## **Karaoke Singing, Dancing and Fun** **Friday, February 28 1:00-3:00pm**



Join in on the fun and don't be shy! Join Bruce “Sarge” Berger as he sings and he will have a great selection for you to sing also. You don't have to sing by yourself, grab some friends and Sarge will join in as well. The words will be on a monitor so you don't need to know them by heart. Every singer will be entered into a drawing for prizes.  
**It's only a few minutes of your life and you will have fun!**



# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

**City of Beloit**  
**Grinnell Hall Senior Center**  
631 Bluff St.  
Beloit, WI 53511  
Phone: 608-364-2875  
Email: [krausd@beloitwi.gov](mailto:krausd@beloitwi.gov)  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



## Grinnell Hall 2020 Membership Drive

It's membership renewal time and we will begin taking memberships at any time.

Membership is for January-December 2020 and prices will remain the same!

Single Membership \$25      Couple Membership \$40

Membership is open to anyone age 50 and older and you do not need to be a resident of Beloit.

**What are the benefits of a Grinnell Hall Membership?**

**Friendship, Fellowship, Fun**

**Special pricing for trips      Participation incentive rewards**

Door prizes will be available to win and the number of tickets you receive depends upon when you sign up for a new membership, renew your membership and if you recruit a new member.

**Here's how it works**

**Renew in January and receive 2 tickets**

**Renew between February 1-14 and receive 1 ticket**

**Recruit a new member on or by February 14 and receive 10 additional tickets!**

**Front desk staff will track how many tickets you earn and we will begin distribution on February 1.**

Photos of prizes will be displayed on February 1 for you to choose what prize you would like a chance to win.

**Drawing will be held at the Chili Lunch on Friday, February 14 at 1:00pm.**

**Lunch will be served at 11:30am-1:00pm**

